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the height of each columnar support 16a, 16b. As shown in Figure 2, preferably, in each columnar support 16a, 16b of each panel 10 is at least an inner bar 18 and an outer bar 20. However, additional bars may be preferred for additional strength. In the preferred embodiment, for the interior columnar supports 16a, it is preferred that the inner bar 18 is especially strong and is rigid for improved strength during the tilt-up operation. For example, in the preferred embodiment the inner bar 18 is #8 rebar, and the outer bar 20 is #6 rebar. However, for the outer column supports 16b, which do not bear the stresses of the inner columnar supports 16a during the tilt-up operation, both the inner bar 18 and the outer bar 20 may be the same strength, such as #6 rebar. It is preferred that the columnar supports 16a, 16b are about three and 5/8 inches deep and approximately eight inches wide, to accommodate framing for drywall and insulation in the interior of the structure. Furthermore, this configuration forms areas for the placement of insulation, if wanted, and drywall or other interior finishing material, removing the need for a furring strip for the drywall or other finishing material. In this configuration, the insulation is preferred to be R11 fiberglass insulation. However, other insulation may be used in the alternative. - -

8/15/06 Please replace the paragraph beginning at page 7, line 7, with the following rewritten paragraph:

-- Also, it is preferred that panel 10 comprise a receptacle 46 for a removable means for lifting the panel 10 and for facilitating placement of the panel, located approximately two-thirds up the